



Week 1– 6/4, 7/16, 8/27

Summer Menu— Six week rotation

Water will be served daily with AM and PM Snack and organic whole milk (infants and toddlers) or organic 1% milk (preschool, kindergarten prep, kindergarten, school age) will be served daily with all meals. Assorted fresh whole fruit available daily in each classroom. Menu items that may contain dairy or egg product will be labeled with the following icons: Dairy-^Egg-*(Whole Fruit-Apples, Oranges)

Meal Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Mango Peach Smoothie w/ Wheat Crackers^	Pancakes & Sausage Links-^*	Bagels w/ Cream Cheese or Jelly-^	Cantaloupe and Honeydew Bites	Diced Potatoes w/ Cheese-^
(1) Protein	Organic Yogurt^	Turkey Sausage	Cream Cheese^		Cheese^ (on side)
(2) Grain Equivalent	Whole Wheat Cracker	Whole Grain Pancake^*	Whole Grain Bagel		
(3) Fruit and/or vegetable	Mango, Peach			Cantaloupe, Honeydew	Potato
Lunch	Chicken Bites w/ Crinkle Fries, & Carrots	Grilled Cheese Sandwich w/ Apple Slices-^	Teriyaki Pineapple Chicken w/Brown Rice & Carrot Rounds	Meatball Sliders, Tater Tots-^	Cheese Pizza w/ Peach Cup & Baby Carrots-^
(1) Protein	Chicken Bites	Cheese^	Chicken	Turkey Meatball, Parmesan Cheese^ (optional)	Mozzarella Cheese^
(2) Grain Equivalent		Whole Wheat Bread	Brown Rice	Whole Wheat Roll	Whole Grain Crust
(3) Fruit and/or vegetable	Carrots, Potato Alt: Vegan Tenders	Apple Slices	Pineapple, Carrots Alt: Vegan Teriyaki Chicken	Potato, Tomato Sauce Alt: Vegan Meatball	Peaches, Carrots
Afternoon Snack	Sugar Free Fruit Pop w/ Graham Cracker Bites	Tomato & Cucumber Salad	Applesauce w/Graham Crackers	String Cheese w/ Wheat crackers ^	Trail Mix-^
(1) Protein				Cheese^	(Baby Trail Mix- Cheerios, Kix, Cheddar Goldfish^, Graham Cracker Bites)
(2) Grain Equivalent	Whole Grain Cracker		Whole Grain Cracker	Whole Wheat Cracker	Mini Pretzels, Chex, Cheddar Goldfish^, Crai-sins, Graham Cracker Bites
(3) Fruit and/or vegetable	Fruit Juice Pop	Tomato, Cucumber	Applesauce		



Week 2– 6/11, 7/23

Summer Menu— Six week Rotation

Water will be served daily with AM and PM Snack and organic whole milk (infants and toddlers) or organic 1% milk (preschool, kindergarten prep, kindergarten, school age) will be served daily with all meals. Assorted fresh whole fruit available daily in each classroom. Menu items that may contain dairy or egg product will be labeled with the following icons: Dairy-^Egg-*(Whole Fruit-Apples, Oranges)

Meal Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Blueberry Smoothie w/ Graham Crackers-^ Organic Vanilla Yogurt^	French Toast Sticks w/ Syrup-^*	Lemon Blueberry Bread-^*	English Muffins w/Cinnamon Honey Butter-^ Cinnamon Honey Butter^	Biscuit w/ Sausage & Cheese-^ Turkey Sausage, Cheddar Cheese^
(1) Protein					
(2) Grain Equivalent	Whole Grain Cracker	Whole Grain French Toast-^*	Whole Grain Mix-^*	Whole Grain English Muffin^	Whole Grain Biscuit^
(3) Fruit and/or vegetable	Blueberries		Blueberries		Alt: Vegan Sausage
Lunch	Cheese Ravioli w/ Sauce Green Beans & Breadsticks-^ Cheese Ravioli^	Turkey Burgers w/Corn on the Cob Turkey	Chicken 'N Waffles w/ Maple Butter & Carrot Coins-^* Chicken Bites	Turkey & Cheese Wrap w/ Applesauce-^ Turkey, Cheese^	Garlic Basil Penne & Green Beans Parmesan Cheese (Optional)^
(1) Protein					
(2) Grain Equivalent	Whole Grain Breadstick, Whole Grain Ravioli^	Whole Grain Roll	Whole Grain Waffles-^*	Whole Grain Wrap	Whole Grain Pasta
(3) Fruit and/or vegetable	Tomatoes, Green Beans Dairy Alt: Plain Pasta	Corn (babies will receive corn off the cob) Alt: Vegan Burger	Carrots Alt: Vegan Tenders	Applesauce Alt: Vegan Chicken	Green Beans
Afternoon Snack	Goldfish Cracker w/ Mandarin Orange Cups-^	Cinnamon Soft Pretzel Bites	Whole Wheat Cracker & Cheese Cubes-^ Cheese Cubes^	Graham Crackers w/ SunButter SunButter	Yogurt Pops-^ Yogurt^ (Infants will receive unfrozen yogurt cups)
(1) Protein					
(2) Grain Equivalent	Whole Grain Crackers^	Whole Grain Soft Pretzel	Whole Wheat Cracker	Whole Grain Cracker	
(3) Fruit and/or vegetable	Oranges				Strawberries, Strawberry



Week 3– 6/18, 7/30

Summer Menu— Six week Rotation

Water will be served daily with AM and PM Snack and organic whole milk (infants and toddlers) or organic 1% milk (preschool, kindergarten prep, kindergarten, school age) will be served daily with all meals. Assorted fresh whole fruit available daily in each classroom. Menu items that may contain dairy or egg product will be labeled with the following icons: Dairy-^Egg-*(Whole Fruit-Apples, Oranges)

Meal Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Waffles w/ Blueberry Dip-^* Whole Grain Waffle^* Blueberries	Coconut Banana Bread-^* Whole Grain Mix ^* Banana, Coconut	Bagel w/ Cream Cheese/ Jelly-^ Cream Cheese^ Whole Grain Bagel	French Toast Sticks w/ Syrup-^* Whole Grain French Toast^*	Melon Bites w/ Cheese Cubes-^ Cheese Cubes^ Melon
Lunch (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Grilled Chicken Sandwich & Apples Slices Grilled Chicken Whole Grain Bread Apples, Tomato Veg Alt: Veggie Burger	Mac N' Cheese & Baby Carrots-^ Cheese^ Whole Grain Pasta Carrots Dairy Alt: Garlic Herb Pasta	Teriyaki Chicken w/ Pineapple w/Rice & Carrots Chicken Brown Rice Pineapples, Carrots Alt: Vegan Chicken	Ham & Cheese Sandwich w/Tater Tots-^ Ham Whole Grain Bread Potato Alt: Grilled Cheese Sandwich	Cheeseburgers & Potato Salad-* Beef, Cheese^ Whole Grain Bun Potato*, Celery, Onion Alt: Veggie Burger
Afternoon Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Whole Wheat Cracker w/ Cream Cheese-^ Cream Cheese^ Whole Wheat Cracker	Fruit Cup w/ Homemade Honey Oat Bars-^ Oats Fruit Salad Cup	Fresh Mozzarella Bites w/ Cantaloupe-^ Cheese^ Cantaloupe	Trail Mix-^ (Baby Trail Mix- Cheerios, Kix, Cheddar Goldfish^, Graham Cracker Bites) Mini Pretzels, Chex, Cheddar Goldfish^, Craisins, Graham Cracker Bites	Sugar Free Fruit Pop w/ Graham Crackers Whole Grain Cracker Fruit Juice Pop



Week 4– 6/25, 8/6

Summer Menu— Six week Rotation

Water will be served daily with AM and PM Snack and organic whole milk (infants and toddlers) or organic 1% milk (preschool, kindergarten prep, kindergarten, school age) will be served daily with all meals. Assorted fresh whole fruit available daily in each classroom. Menu items that may contain dairy or egg product will be labeled with the following icons: Dairy-^Egg-*(Whole Fruit-Apples, Oranges)

Meal Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Cereal w/ Milk Variety of Whole Grain Cereals	Yogurt w/ Melon Bites-^ Organic Yogurt^ Melon	Biscuit w/ Sausage & Cheese-^ Turkey Sausage, Cheese^ Whole Grain Biscuit^	Pancakes w/ Syrup-^* Whole Grain Pancake^*	Croissants w/ Jelly-^* Whole Grain Croissant^*
Lunch (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Cheese Tortellini Salad w/ Diced Ham & Tomatoes & Fruit Salad-^ Tortellini^, Ham Whole Grain Tortellini^ Tomatoes, Fruit Salad Dairy Alt: Plain Pasta Salad Veg Alt: w/out Ham	Chicken Patty Sandwich w/ Goldfish Crackers & Applesauce-^ Chicken Patty Whole Grain Bread, Crackers^ Applesauce Alt: Vegan Chicken	Beef Tacos w/Rice & Fiesta Corn-^ Ground Beef, Cheese^ (optional), Sour Cream^ Whole Grain Tortilla, Rice Salsa, Lettuce, Corn, Peppers, Onion Alt: Vegan Crumble	Pulled Chicken Sliders w/ Potato Salad-* Chicken Whole Grain Roll Potatoes*, Celery, Onion Alt: Vegan Chicken	Mac N' Cheese w/ Diced Ham & Baby Carrots-^ Cheese^, Ham (Add in) Whole Grain Pasta Carrots Dairy Alt: Garlic Herb Pasta
Afternoon Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Mini Blueberry Muffins-* Whole Grain Muffin* Blueberries	Tomato & Cucumber Salad Tomatoes, Cucumber	Yogurt Pop-^ Yogurt^ (Infants will receive unfrozen yogurt cups) Strawberries^, Strawberry Banana^	Graham Crackers w/ Apple Butter Whole Grain Cracker Apples	Trail Mix-^ (Baby Trail Mix- Cheerios, Kix, Cheddar Goldfish^, Graham Cracker Bites) Mini Pretzels, Chex, Cheddar Goldfish^, Craisins, Graham Cracker Bites



Week 5– 7/2, 8/13

Summer Menu— Six week Rotation

Water will be served daily with AM and PM Snack and organic whole milk (infants and toddlers) or organic 1% milk (preschool, kindergarten prep, kindergarten, school age) will be served daily with all meals. Assorted fresh whole fruit available daily in each classroom. Menu items that may contain dairy or egg product will be labeled with the following icons: Dairy-^Egg-*(Whole Fruit-Apples, Oranges)

Meal Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Waffles w/ Strawberries and Cream-^* Cream Whole Grain Waffle^* Strawberries	Mini Corn Muffins w/ Honey Butter-^* Honey Butter^ Whole Grain Muffin*	Coconut Smoothie w/ Graham Crackers-^ Organic Yogurt^ Whole Grain Crackers Coconut	Cantaloupe & Pineapple Bites Cantaloupe, Pineapple	Bagels w/ Cream Cheese-^ Cream Cheese^ Whole Grain Bagel
Lunch (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Beef Sliders w/ Fries & Baby Carrots Beef Whole Grain Roll Potato, Carrots Alt: Veggie Burger	Chicken & Cheese Wrap w/ Peach Cups-^ Chicken, Cheese^ Whole Grain Wrap Peaches Alt: Vegan Chicken	Cheese Pizza w/ Garden Salad-^ Cheese^ Whole Grain Pizza Crust Lettuce, Tomato, Carrots, Cucumbers	Chicken Fried Rice & Mandarin Orange Cup Chicken Brown Rice Carrots, Peas, Onion, Mandarin Oranges Alt: Vegan Chicken	Pasta w/ Meatballs & Baby Carrots Turkey Meatballs Whole Grain Pasta Tomatoes, Carrots Alt: Vegan Meatball
Afternoon Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Apple Oat Bars & Cheese Cubes-^* Cheese Cubes^ Oat Bar* Apples	Guacamole w/Tortilla Chips Avocado Corn Tortilla Chips Avocado, Onion, Garlic	Apple Slices w/ Sunbutter SunButter Apples	Whole Wheat Crackers w/ Cheese Sticks-^ Cheese Sticks^ Whole Grain Cracker	Sugar Free Fruit Pop w/ Graham Cracker Bites Whole Grain Cracker Fruit Juice Pop



Week 6– 7/9, 8/20

Summer Menu— Six week Rotation

Water will be served daily with AM and PM Snack and organic whole milk (infants and toddlers) or organic 1% milk (preschool, kindergarten prep, kindergarten, school age) will be served daily with all meals. Assorted fresh whole fruit available daily in each classroom. Menu items that may contain dairy or egg product will be labeled with the following icons: Dairy-^Egg-*(Whole Fruit-Apples, Oranges)

Meal Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Biscuits w/ Honey Butter-^ Honey Butter^ Whole Grain Biscuit^	Roasted Potatoes w/ Cheese & Diced Ham-^ Cheese^, Ham Potato Alt: No Cheese &/or No Ham	Yogurt w/ Granola-^ Organic Yogurt^ Cinnamon Granola	Pancakes w/ Sausage Links-^* Turkey Sausage Link Whole Grain Pancake^* Alt: Vegan Sausage	Cereal w/ Milk Variety of Whole Grain Cereals
Lunch (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Build your own Nachos!-^ Chicken, Cheese^, Sour Cream^ Corn Tortilla Nachos Tomato, Lettuce, Salsa Alt: Vegan Chicken	Chicken & Cheese Sandwich w/ Diced Pears-^ Chicken, Cheese^ Whole Wheat Bread Pear Alt: Vegan Chicken	Ham & Cheese Sandwiches w/ Sliced Apples-^ Ham, Cheddar Cheese^ Whole Grain Bread Apples Veg Alt: Cheese	Turkey Sliders w/ Corn on the Cob & Mashed Potatoes^ Turkey Whole Grain Bun Corn, Potatoes^ Alt: Vegan Burger	Croissants w/ Chicken Salad & Cantaloupe Bites-^* Chicken* (Mayo*) Whole Grain Croissant^* Cantaloupe Veg Alt: Vegan Chicken
Afternoon Snack (1) Protein (2) Grain Equivalent (3) Fruit and/or vegetable	Yogurt w/ Fruit Bars-^ Organic Yogurt^ Whole Grain Fruit Bar Strawberry, Blueberry, or Apple	Trail Mix-^ (Baby Trail Mix- Cheerios, Kix, Cheddar Goldfish^, Graham Cracker Bites) Mini Pretzels, Chex, Cheddar Goldfish^, Craisins, Graham Cracker Bites	Caprese Salad-^ Fresh Mozzarella Cheese Bites^ Tomato, Basil Dairy Alt: No Cheese	Soft Pretzels w/ Mustard Whole Grain Pretzel	Yogurt Pop-^ Yogurt^ (Infants will receive unfrozen yogurt cups) Strawberries^, Strawberry